

Self-Determination Program

Informational Meeting

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Self-Determination Program

- What is self-determination?
- How is it different than what I have now?
- What key things do I need to know?
- How does self-determination work?
- I like it! How do I enroll?

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Welcome audience to Pre-enrollment Informational Meeting

Introduce yourself and describe your qualifications (provider, family member, advocate, coordinator, etc.)

Explain why your organization is excited to be able to provide this information to the group (and/or why you personally are excited to lead this meeting).

Let your audience know there will be a lot of information today and that questions are welcome at the end of the presentation.

- **Today, we are going to talk about the Self-Determination Program and what it means to be in the program.**
- **We'll go over some key terms you'll hear throughout the presentation.**
- **We'll talk about how being a part of the Self-Determination Program is different from how you currently are receiving services.**
- **We'll go over some key things you need to know about self-determination.**
- **We'll talk about how self-determination works and some things that are specific to the Self-Determination Program.**
- **Before you leave this meeting, you'll understand how to be put on a list of candidates for possible enrollment in the Self-Determination Program and what the next steps are.**
- **If you're interested, by being at this meeting today, you've completed the first step in the process because anyone who wants to be in the Self-Determination Program needs to attend this Informational Meeting.**

Before we get started...

Here are some terms you'll hear:

- Person-Centered Planning
- Individual Program Plan (IPP)
- Regional Center Service Coordinator
- Independent Facilitator
- Financial Management Services
- Individual Budget

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Before we get started, here are some terms you'll hear throughout the presentation. Some of these titles and people you may be familiar with, and some you may not. We'll talk about them in more detail throughout the presentation.

- **Person-Centered Planning:** A way to assist people to help them describe what they need to bring purpose and meaning to their life.
- **Individual Program Plan (IPP):** The document the regional center Service Coordinator writes with you to outline your services and supports using the person-centered planning process.
- **Regional Center Service Coordinator:** The person at the Regional Center who helps you with the services and supports in your life.
- **Independent Facilitator:** The person you may choose to help you work through the Self-Determination Program.
- **Financial Management Services:** The person who helps you manage the money in your individual budget.
- **Individual Budget:** Is the amount you can spend on the services you need.

Principles of Self-Determination

FREEDOM

Plan your own life and make your own decisions



AUTHORITY

Decide how your budget is spent for your services and supports

SUPPORT

Choose your own paid and unpaid services and supports

RESPONSIBILITY

Take responsibility for the decisions you make

CONFIRMATION

Make decisions in your life by designing the service(s) that you rely on

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- The program has five principles that are part of the law:
 - Freedom (to plan a good life) – to have the same rights as everyone, to choose family and friends that can help, where you want to live, how you want your time to be spent, and who supports you
 - Authority (over your personal resources) – You have a budget, and you get to decide exactly what to spend that money on in order to reach your goals.
 - Support (for building a life in the community) – to choose what you need to meet your personal goals and hire people that will help you live the life you want in your community
 - Responsibility (and pride in making your own decisions) – to be accountable for your budget and the way money is spent
 - Confirmation (of the important role you play) – In the Self-Determination program, you play a critical role as the person who makes decisions. You and your family get to choose the services and supports that will help you accomplish the goals in your IPP.

What is Self-Determination?

More flexibility and choice in selecting:

- Your services and supports
- Who helps you
- Where you go in the community
- Who you spend time with

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- **Self-Determination is a program expanding in the state of California. It gives you more choices and flexibility in choosing:**
 - **Your services and supports - the people that provide you the services you need to meet your goals**
 - **Who helps you - this could be a lot of different people, like your friends and family; your regional center Service Coordinator; an Independent Facilitator; and you'll have a Financial Management Service Provider.**
 - **There are many people who can work with you towards your goals in life.**
 - **Most importantly, the focus of the Self-Determination Program is you. You determine where you go and who you spend your time with.**

Learn More About Self-Determination

<https://youtu.be/E5nsK9je-nA>



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- Next, we're going to watch a video created by the Department of Developmental Services, the state agency that funds regional center services.
- The video will show you what it's like to be in the Self-Determination Program.
- This film features many individuals and families who are participants in the Self-Determination Pilot Project, in which more than 200 people have participated in a successful test of self-determination since 1997 at five different regional centers.

Facilitators must right-click the hyperlink to show the video that is posted at <http://www.dds.ca.gov/SDP/Index.cfm>

How is Self-Determination Different?

- Flexibility
- You can buy services, not just those through the regional center.
- You control a budget to buy services



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- The way the Self-Determination Program works is different than the way services are delivered right now.
- The thing that makes self-determination so exciting is that it gives you flexibility in choosing your services, supports, and providers.
- In the Self-Determination Program, you can buy different services, not just those through the regional center.
- The program offers a lot of flexibility. Services can include, but aren't limited to: individual training; vehicle adaptations; or support with communication. Your services and supports can be from almost anyone in the community.
- Right now, your Service Coordinator from the regional center is the person who helps you find the services you need.
- In self-determination, you get to decide who else you want to help you. This could be your family or friends, or an Independent Facilitator; which, again, we'll learn more about later.
- In self-determination, there will be money in a budget and you will choose which services and supports to have to meet your goals.
- Self-Determination offers you the opportunity to be creative, think outside the box, and make your own plan for how you want to live.

Keep in mind when planning ...

- Tailor services that fit your needs
- Services and supports align with individual goals
- Services that support full access to your community

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- As you determine what services and supports will help you meet your goals, here are some things to consider:
 - It's all about choice. You choose what services you need and who will be providing them. You design how someone will help you throughout your day or at home to do the things that are important to you.
 - The goals you have for your life help you decide which services you need. You will have people in your life to help you find those services. People like friends and family; or professionals you can hire; whomever you choose.
 - Services have to adhere to the new rules, also called the "final rule", from the federal government. The final rule was put in place to make sure that people receive services that support full access to their communities. The final rule also talks about independence in making life choices as well as rights to privacy, dignity and respect. Being a part of the Self-Determination Program means your services will follow the new rules as soon as services start.

If there are any questions regarding the final rule, direct your audience to the DDS website.

Different things you can do with
Self-Determination

CAMPING



SUPPORT TO LIVE
ON YOUR OWN



START YOUR
OWN
BUSINESS



ART
CLASS



HELP TO FIND
FRIENDS



HORSEBACK RIDING

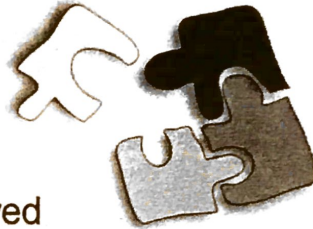


- There are many unique things you can do with Self-Determination, like:
 - Hire someone to help you go camping; to help you live on your own; or to help you start your own business – maybe to write a business plan or help you do marketing
 - You can take an art class
 - Ask someone to help you make friends or to even start a relationship
 - You can even get help in finding various activities, like horseback riding lessons.

Give any other examples that might be applicable to your audience

Key things I need to know...

Where Are We Now?



- Getting federal funding approved
- Once approved, open to 2,500 participants
- After three years, the program will be available to everyone

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- There are many people who are very excited about the Self-Determination Program and are looking forward to being a part of it.
- As I stated before, more than 200 people have been participating in a pilot of this program since 1997 from five different regional centers.
- Again, there are a few things that need to happen before the program can be available to everyone:
 - First, we need approval for federal funding, which has been asked for through what the government calls a waiver. Receiving this funding is a requirement and the program cannot expand until this is approved.
 - Once approved, then 2,500 people will be randomly chosen to participate for the first three years of the program.
 - After the first three years, the program will then be available to everyone.

How Does Self-Determination Work?

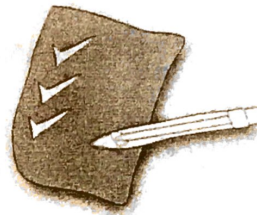


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- In the next few slides, we'll talk about how self-determination works and how you guide your goals and life through person-centered planning.
- We'll discuss some different parts of self-determination and some of the people who can help you.
- We'll go over:
 - Person-centered planning and how you drive this process to meet your goals;
 - We'll discuss the regional center Service Coordinator and the role and responsibility they will have in your person-centered planning;
 - We'll talk about what an independent facilitator is, where you can find one and what can they do for you;
 - We'll go over financial management services and how they will help you with your money and services while a participant of self-determination;
 - And, we'll go over what an individual budget means and how is it determined.

Person-Centered Planning

- You drive the process that helps you think about your goals, hopes and dreams
- You decide who helps you with the planning
- Sounds like I'm getting my team together!
 - ☐ Who should be there?
 - ☐ What do I enjoy doing?
 - ☐ What do I need to meet my goals?
 - ☐ What choices do I get to make?
- I know what I want, now what?
 - ☐ Write a plan
 - ☐ What goes in it?



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- Person-centered planning is about your future and reaching your goals.
- Other people can have their opinions but in the end, it's about you.
- You decide what's important to you to feel satisfied, fulfilled and happy. You'll also think about what is important for you to be healthy, safe and comfortable in your community. Effective person-centered planning balances the things you like and the things you need to work towards your goals.
- Lots of people can help you – like your family, friends, teachers, neighbors, boss, and more – but only if you want.
- Think about what's most important to you and your family.
- Once you've made your choices about what you want, an individual program plan, or IPP, is written based on the decisions you made.
- The IPP lays out your goals and what you need to reach those goals, including what services and supports you need to get there.

Regional Center Service Coordinator

- Helps with services and supports through the regional center system
- Helps with determining your individual budget
- Develops your individual program plan or IPP
- Can be your independent facilitator, if you choose

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- Each person who receives services from a regional center has a Service Coordinator assigned to them. Some regional centers call them something different, like Client Program Coordinator (CPC), Counselor or Social Worker, but they essentially have the same job; to help you with your services and supports through the regional center system.
- Service coordinators are responsible for ensuring that the services and supports you've identified through person-centered planning are in your individual program plan or IPP. Both generic services and paid services will be in your IPP.
- Your service coordinator will help you determine your individual budget and will work with your independent facilitator, if you choose to work with one. The service coordinator can also be your independent facilitator and help you locate the services and supports you've identified that you need to work towards your goals.

Independent Facilitator

- If you want, this is someone who can help you:
 - ☐ In the person-centered planning process
 - ☐ Find people and providers to support you
 - ☐ Determine how much things will cost
- You can have this person help with as much or little as you want
- If you choose to hire an independent facilitator, you pay for them from your individual budget.
- You can choose to use your service coordinator as your independent facilitator

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- The Independent Facilitator can help you with many things, like:
 - Advocating for you through the person-centered planning process;
 - Coordinating services and supports consistent with your plan;
 - Helping you make informed choices about the money in your budget; and
 - Helping you identify your needs and developing options to meet those needs.
- The Independent Facilitator can't provide you other services.
- They need to be independent.
- However, you can choose to have your regional center Service Coordinator as your Independent Facilitator.
- Additionally, you can choose an Independent Facilitator that does not wish to be paid; like a friend or family member.

Financial Management Service Provider

- Handles the money
- Verifies provider qualifications
- Background checks
- Pays your providers
- This is a required service

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- The Financial Management Service provider, or FMS provider, is the person who helps you manage the money in your individual budget.
- They can help with many things, like:
 - Making sure that your service providers are qualified to help you.
 - They verify your provider has obtained a background clearance.
Background clearances are required for all direct care providers, including family members, who provide personal care to you. Service providers are responsible for the cost of the background check. But, if someone you want to hire has already passed a background check, they may be able to use that clearance to provide services to you.
 - FMS providers also pay your service providers with money from your budget, and they help you to stay on track with your spending.
- In self-determination, you must have a Financial Management Service Provider. The cost for this will be paid by you out of your individual budget.
- But it's important to be aware that, because the program provides so much flexibility in who provides services, the amount you pay for a service could be less under the Self-Determination Program.
- The money that remains in your budget could be used to cover the cost of the Financial Management Service provider.

Individual Budget



- The individual budget is the amount of money you can use for your plan
- It is based on the amount the regional center spent for your services in the last 12 months
- The individual budget amount can be changed if your needs change
- You still need to access generic services first

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- The individual budget is the amount of money you can use for your plan. Your plan will talk about what services and supports you need.
- The amount of money you receive for your budget is based on the cost of your services from the regional center in the last 12 months.
- For people that are new to the regional center, their budget will be determined by the average cost that the regional center pays for each service – unless the person has a unique need that requires a higher or lower cost.
- Your budget amount can be adjusted up or down. For example if you have a big change in your life: like moving out into your own apartment; or if you become very sick; or if you get a new job.
- These big changes may mean you could have a change in your budget. Let your team know your budget needs to be reviewed as changes come up in your life.
- Keep in mind that there are generic resources available to you. A generic resource is something that's available to everyone, not just people who are served by the regional center.
- These resources need to be used first before you use the money in your budget.
- Generic resources can be things like education through the school district, health services through your health insurance, or personal care through In-Home Support Services.
- Remember you have friends, family and other important people in your life who are resources and can help you.

In review ...

- You are the focus and you guide your goals, services and supports
- You choose who helps you with your plan
- You can work with an Independent Facilitator of your choosing
- Your services are paid for from your individual budget
- Your Financial Management Service Provider helps you

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- You lead your team and decide how you will set and meet the goals for your life.
- You have a plan that is focused around you and your goals.
- You can choose many different people to help you, including an Independent Facilitator. Your Independent Facilitator can be a service you decide to pay for, a friend, a family member or your regional center service coordinator.
- You have a set amount of money in your individual budget to help you pay for the services you need if generic services aren't available.
- Your Financial Management Service Provider is there to help you make sure the services you're getting are from qualified people and to pay for the services you've decided on.
- Your Financial Management Service Provider also helps you stay within your individual budget.

Enrollment Process



Once you've attended your regional center orientation, you are a part of the Self-Determination Program.

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- By being at this Informational Meeting today, you've taken the first step to being eligible for the Self-Determination Program.
- Like we spoke of earlier, all of the names of people who are interested will be put on a list and 2,500 people will be randomly selected to participate in the next three years.
- If you add your name to the list today, but end up deciding that self-determination is not right for you, you don't have to enroll if you are selected.
- There's no harm in adding your name to the list today. You can always change your mind.
- Once you've added your name to the list, you'll receive a letter in the mail confirming that you are on the list.
- You can also check the Department of Developmental Services webpage by searching the database using your UCI number and birthdate to make sure your name was added.

For more information, your audience can go to the DDS website and find a link for information regarding the list.

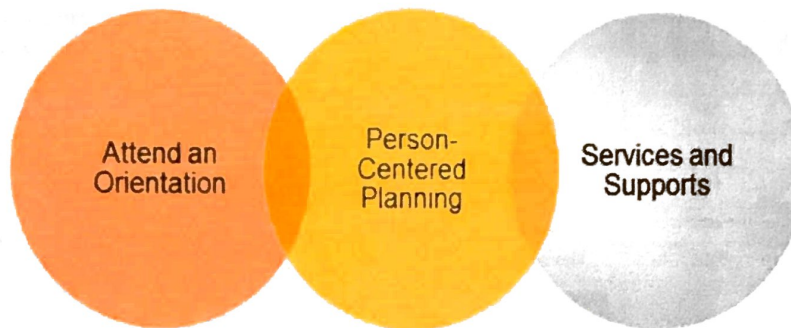
- If you haven't received a letter and your name isn't on the website, you can contact your regional center.
- Once federal funding is approved, the Department of Developmental Services will randomly select 2,500 names from the list to participate in the Self-Determination Program.
- In order to make sure that the group of people chosen for self-determination

- **If your name was chosen, you'll need to attend an orientation at your regional center where you'll learn even more about self-determination.**

1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific information required.

I am writing you this letter to tell you that I am
 very sorry that I cannot see you more often. I am
 very busy with my work and my family. I hope
 you are well and happy. I will write to you
 again soon. I love you very much.

Being a Part of the Self-Determination Program



You guide your team in deciding how the Self-Determination Program will work best for you!

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- Again, once selected, you'll need to attend an orientation at your regional center.
- At orientation, you'll learn more about the next steps of being a part of the Self-Determination Program.
- That includes:
 - Meeting with your regional center Service Coordinator and the people you've asked to help you; friends, family and your Independent Facilitator, if you've decided to have one.
 - When you meet, the team you've asked to help you will determine your individual budget and, most importantly, your team will help you identify what your goals are for your life through the person-centered planning process.
 - Also, your team will help you find the services and supports you'll need to meet your goals. They can help you identify the generic services available to everyone as well as find the services or supports you'll purchase with your individual budget.
 - Your regional center service coordinator will work with you to make sure that your individual program plan, or IPP, shows the services and supports you've decided on.
- You guide your team in deciding how the Self-Determination Program will work best for you!

Number of Participants Per Regional Center

Regional Center	# of Participants	Regional Center	# of Participants
Alta California	175	North Los Angeles County	174
Central Valley	141	Orange County	155
East Bay	155	Redwood Coast*	55
Eastern Los Angeles*	114	San Andreas	126
Far Northern	62	San Diego*	194
Frank D. Lanterman	74	San Gabriel/Pomona	102
Golden Gate	74	South Central Los Angeles	107
Harbor	98	Tri-Counties*	114
Inland	244	Valley Mountain	95
Kern*	103	Westside	67
North Bay	71	Total=	2500

*Number listed includes those currently in the Self-Determination Pilot Program

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This is the number of estimated participants allocated to each regional center. The numbers will be re-distributed once the waiver is approved, based on each regional centers' current population at that time.

Questions?



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Invite the audience to ask any questions they may have about the material you have covered.

Website: www.dds.ca.gov/sdp/
Email: sdp@dds.ca.gov
Thank You



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Remind the audience that they can learn more about the Self-Determination Program by visiting the Department of Developmental Services website at <http://www.dds.ca.gov/SDP/>. Also, if they have any questions, they can send an email to the address on the screen. Recap that those who are interested should add their name to the list today.

Thank everyone for coming and close the meeting.